

CDC Vital Signs

Native Americans With Diabetes

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Native Americans, which include American Indians and Alaska Natives, have a greater chance of having diabetes than any other racial group in the United States. Diabetes is the leading cause of kidney failure, a serious condition that can be disabling and requires dialysis or kidney transplant for survival. Kidney failure can be delayed or prevented with good diabetes care, patient education, and kidney testing. Using these approaches, new cases of kidney failure from diabetes dropped by more than half in Native Americans between 1996 and 2013.

If you have diabetes, check your blood pressure and blood sugar regularly and keep them under control, take your medications as directed, reduce your salt intake, and talk to your health care provider about having your kidneys tested.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.